



## Access free training & resources to help you build skills & confidence to provide care at home.

Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.

Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.



Get access to FREE online educational resources to help caregivers like you!

Visit [aaa7.trualta.com](http://aaa7.trualta.com)



### Contact us to learn more about Trualta today!

Area Agency on Aging District 7 (Ohio)

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*Older adults are at high risk for death or severe injury from fire. Read the issue and answer True or False to the questions below*

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- 1. Alzheimer's disease and dementia can impair a person's vision, depth perception, hearing, sense of smell and sensation to heat, as well as their judgment, which can make it difficult to respond to a fire. T F*
- 2. The kitchen is one of the most dangerous rooms in the home and most kitchen fires occur when food is left unattended on the stove or in the oven. T F*
- 3. People over the age of 80 die in fires at a rate three times higher than the rest of the population. T F*
- 4. Electric space heaters are especially safe and do not cause fires. T F*
- 5. Medication may affect a senior's ability to make quick decisions. T F*
- 6. Never throw water on a grease fire to put it out. T F*
- 7. Oxygen tanks are especially dangerous in a fire, so never allow smoking near an oxygen tank. T F*
- 8. Smoke alarms should be near or in every bedroom. T F*
- 9. The fire department can suggest escape plan ideas, perform a home fire safety inspection, and offer suggestions about smoke alarm placement and maintenance. T F*
- 10. Alzheimer's care requires extra caution, so be sure matches and cigarettes are out of reach. Consider installing a shut-off valve (for a gas stove) or a circuit breaker for an electric stove so the stove cannot start a fire at night. T F*

**KEY:** 1. T 2. T 3. T 4. F 5. T 6. T 7. T 8. T 9. T 10. T